

CKF Tobacco Treatment Initiative



Daniel Craig

CKF Addiction Treatment

dcraig@ckfaddictiontreatment.org

Saline County Tobacco Use Prevention Coalition

Established in the early 90's

Two Subcommittees

- School Committee
- Cessation Committee



CKF Tobacco Free Timeline

- November 2015-Learning About Healthy Living: Tobacco and You curriculum integrated into all outpatient treatment groups
- August 2016-Convened a Tobacco Treatment Initiative Committee
- December 2016-Held focus groups with all CKF staff (basic SWAT analysis for going tobacco free)
- January 2018-Wellness Wednesday and Tobacco Free Day
- August 2018-Implemented tobacco free facilities policy

Tobacco Free Policy Steps

1. Establish a leadership team
2. Develop tobacco-free policy
3. Develop timeline, goals and objectives
4. Conduct trainings for staff
5. Offer treatment for nicotine dependent staff
6. Assess and diagnose nicotine dependent patients
7. Include tobacco dependence treatment in patient education
8. Discuss the tobacco-free policy with referral sources
9. Establish the tobacco-free facility policy
10. Monitor and evaluate the tobacco-free policy and tobacco dependence treatment program

Tobacco Treatment Initiative Committee

- 13 members
- Current smokers, former smokers, never smokers
- All departments represented

Focus Groups

1. What do we currently have in place to support this initiative?
2. How could this initiative benefit CKF and our patients.
3. What are your concerns about becoming a tobacco-free facility?
4. What are some challenges and barriers to successfully implementing this initiative?

Wellness Wednesday & Tobacco Free Day

- All facilities are tobacco free from 8:00a.m. to 9:00p.m.
- Provide nicotine replacement therapy to patients in residential treatment.
- Have quit kits available for staff and patients.
- Take the feedback and lessons learned and plan additional Tobacco Free Day experiments to help us prepare for being tobacco free.

Staff Trainings

- RELIAS Learning: Treatment of Tobacco Use Disorder
- Brief Tobacco Intervention online training
- Tobacco Treatment Specialist

Breathe Easy Live Well



Breathe Easy Live Well

- May 2016 Kansas Health Foundation awarded grant to ESS and Interfaith Ministries
- Assist people with MI to reduce/eliminate tobacco use
- Participants commit to Breathe Easy Live Well
 - Evidence-based program- 15 sessions
 - Regular checkups with CO monitor
 - Daily lesson evaluations
 - Peer-led quit groups

Table of Contents:

Breathe Easy Live Well Group

TITLE

Committing to Wellness for a Lifetime

Healthy Food Choices

The Power of Addiction

Dangers of Tobacco

Staying Active

The Cost of Unhealthy Behaviors

Managing Stress for Recovery

Healthy Body Awareness

The Value of Medications

Patterns and Triggers

Cravings

Support Network

Relapse Prevention

Higher Goals

Celebrating Success

← Today



Day 12

Day 13

Lapse Prevention

Lapse Prevention

Day 10

Patterns and Triggers



WELLNESS PROGRAM
FOR MENTAL HEALTH



HealthWell



7: Managing Stress for Recovery

Don't allow the difficulties of life to stress you out

Your addiction will usually cause more anxiety and stress to your life. Persons with a mental illness who smoke believe they will relieve feelings of anxiety by smoking a cigarette. Anxiety and irritability are withdrawal symptoms from nicotine. This can create a never-ending cycle with any negative behavior.



Smoking and eating are not healthy coping skills for stress. It is important to learn alternatives.



BELW Outcomes

- In Downtown Wichita community:
 - >480 people living with MI have been touched
 - 48% of participants have no source of insurance
- Facilitators have discovered:
 - Establishing a relationship and listening to concerns helps tobacco users find better ways to deal with their addiction

BELW – Train the Trainer

- Free 2-day Train the Trainer curriculum
- To create BELW facilitators at:
 - Mental Health Centers
 - Health Departments
 - Consumer Run Organizations
- To schedule training contact:
 - Marty Quay, Tobacco Initiative Grant Coordinator
 - 316-269-2534 #151
 - marty.quay@breakthroughwichita.org

Tobacco Treatment Specialist Training in Kansas

- List the elements of Tobacco Treatment Specialist (TTS) training
- Describe the benefits of TTS training
- Describe the outcomes of the TTS trainings in Kansas

Funding Sources

- Kansas Health Foundation
- Kansas Department of Health and Environment
 - Chronic Disease Risk Reduction Grantees
 - Unified Government of Wyandotte County and Kansas City, Kansas
 - Shawnee County Health Department
 - Lawrence-Douglas County Health Department
- University of Kansas Cancer Center
- Wichita Medical Research and Education Foundation

Tobacco Treatment Specialists

- Professionals who possess the skills, knowledge and training to provide evidence-based tobacco treatment
- Educate others (health care professionals, administrators, smokers, non-smokers) about tobacco dependence



TTS Training Competencies

- Tobacco Dependence Knowledge & Education
- Counseling Skills
- Assessment Interview
- Treatment Planning
- Pharmacotherapy
- Relapse Prevention
- Diversity & Specific Health Issues
- Documentation & Evaluation
- Professional Resources
- Law & Ethics
- Professional Development



<http://attud.org/>

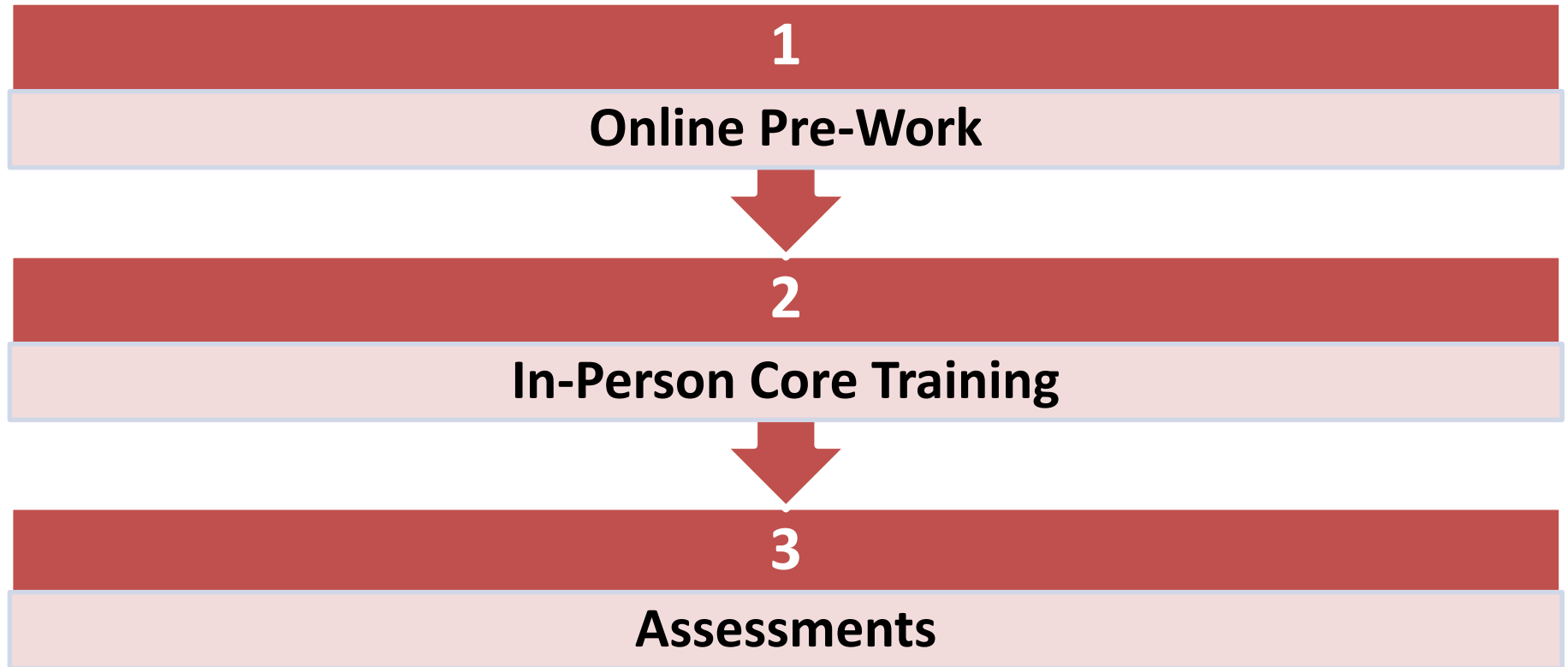
Council for Tobacco Treatment Training Programs

<https://ctttp.org/>

Target Audience

- Health Educators
- Social Workers
- Substance Abuse Counselors
- Community Health Workers
- Respiratory Therapists
- Dental Hygienists
- Substance Abuse Counselors
- RNs/LPNs
- Administrators
- Physicians
- and many other health professionals

TTS Training Overview



1. Online Pre-Work

- Training Registration
- 10 Question pre test
- *Basic Skills for Working with Smokers*
 - Developed by University of Massachusetts
 - 9 module, self-paced online training
 - Provides fundamental information for tobacco treatment
 - Valid certificate to participate in Element Two
 - Pre-approved continuing education credits

2. U. Massachusetts Core Training

- 3.5 days in-person
- Training materials provided
 - Lecture
 - Discussion
 - Scenarios
 - Practice
 - Application



2. Core Training Curriculum



Module 1: Determinants of Tobacco Use Disorder

Module 2: Guidelines for Systems and Professionals



Module 3: Motivational Interviewing, Learning the Basics

Module 4: Pharmacotherapy Treatment for Tobacco Use

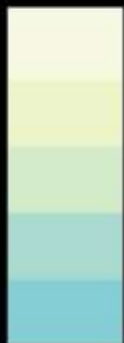
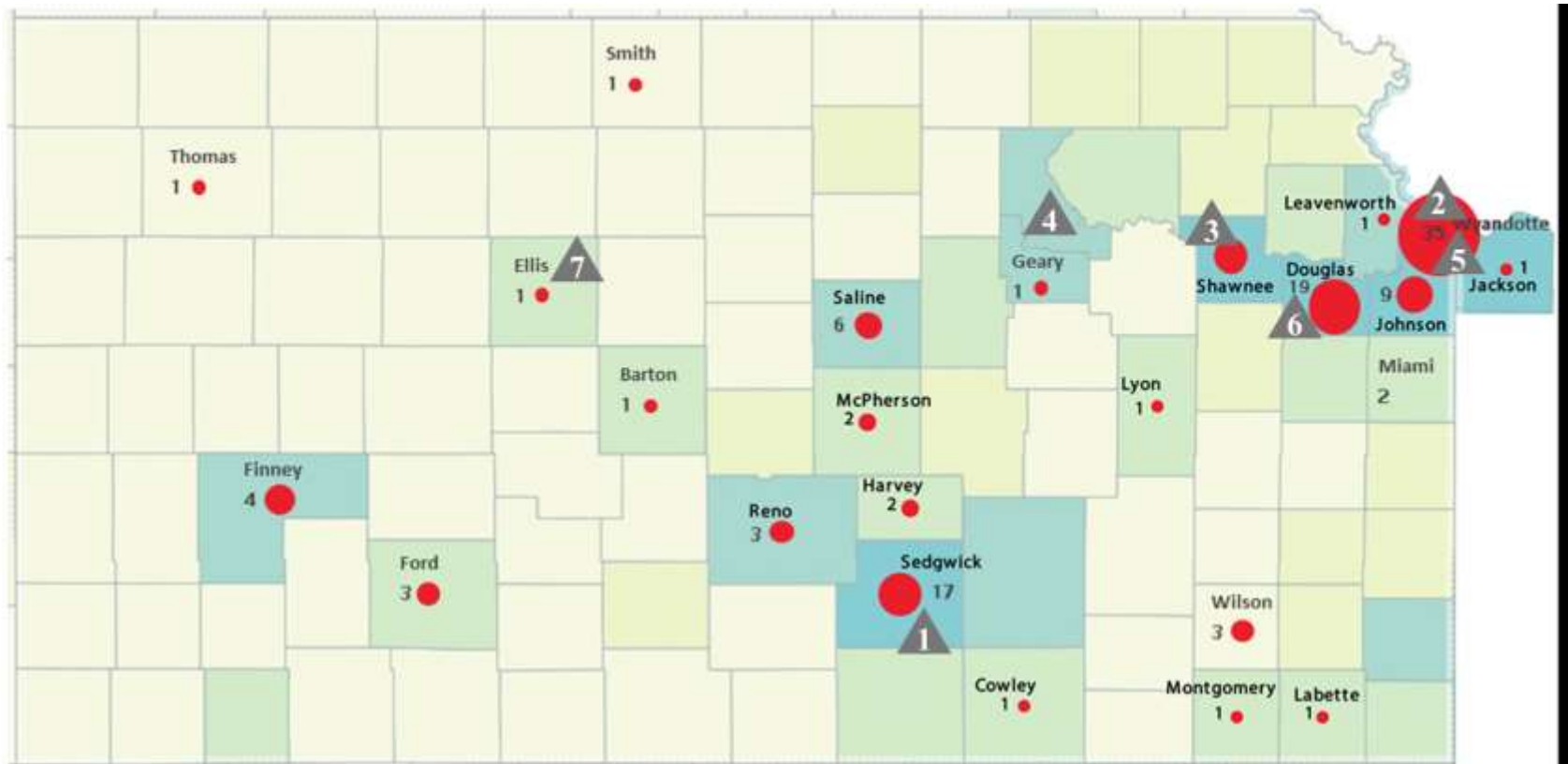
Module 5: Cognitive and Behavioral Treatment Strategies

Module 6: Intake, Assessment and Treatment Planning



3. Assessment

- Brief post test administered immediately after training
 - Mirrors online pre test questions
 - Paper copy to guarantee completion
- Comprehensive, online exam
 - Within 6 weeks of training
 - Developed and graded by UMASS
 - Consists of 2 parts, up to 2.5 hours
- Receive Certificate of Completing accredited TTS program



Building Capacity for Tobacco Treatment in Kansas

School of Medicine > Preventive Medicine and Public Health > TTS



Building Capacity for Tobacco Treatment in Kansas

"I thought I knew everything about tobacco cessation...[We] had put in this policy, and offered tobacco cessation at our two clinics, four years prior to my training... I was wrong. [The] trainers gave me invaluable information that will greatly improve our outcomes."

- Duane, TTS since 2016

Mission

Building Kansas capacity to address tobacco dependence via Tobacco Treatment Specialist (TTS) training.

The University of Kansas Medical Center (KUMC) School of Medicine, in conjunction with the University of Massachusetts (UMASS) Medical School's Center for Tobacco Treatment Research and Training is providing Tobacco Treatment Specialist (TTS) Core Training to Kansans. Through funding from Kansas Health Foundation's Tobacco Treatment and Recovery in Behavioral Health Initiative, KUMC is working towards increasing access, availability, and affordability of evidence-based tobacco treatment. Building a collaborative network of providers using evidence-based treatment practices will allow this project to have the potential to annually reach and treat thousands of Kansans who use tobacco.

Why We Care

Current cigarette use among adults in Kansas 17.7% as compared to 15.1% in the United States (CDC 2015). People with any mental illness consume tobacco with greater intensity, have more difficulty quitting and higher relapse rates.

Comprehensive Skills Development

The World Health Organization Framework on Tobacco Control identifies 6 competencies to address tobacco dependence:

Monitor tobacco use and prevention policies. **Protect** people from tobacco smoke. **Offer** help to quit tobacco use. **Warn** about the dangers of tobacco. **Enforce** bans on tobacco advertising promotion and sponsorship, and **Raise** taxes on tobacco.

Training Competencies

- Tobacco Dependence Knowledge and Education
- Counseling Skills
- Assessment Interview
- Treatment Planning
- Pharmacotherapy
- Relapse Prevention
- Diversity and Specific Health Issues
- Documentation and Evaluation
- Professional Resources

Tobacco Treatment Specialist (TTS) Training Work Plan for 12 participants

Per Individual Training Costs		Costs/Person	12 Participants
UMASS TTS	Online training	\$175.00	\$2,100.00
UMASS TTS	UMASS Curriculum	\$350.00	\$4,200.00
Training Materials	Printing and assembly of training materials	\$45.00	\$540.00
ATTUD	Membership fee for one year	\$90.00	\$1,080.00
KUMC Staff Time	10 hours for Project Management per participant	\$376.50	\$4,518.00
Subtotal		\$1,036.50	\$12,438.00

Fixed Training Costs

Travel Accommodations	Mileage Reimbursement (5 KUMC staff)	\$200.00	\$1,000.00
Travel Accommodations	Dinner Reimbursement (4 KUMC staff, 13 meals)	\$23.00	\$299.00
Training Accommodations	Pretraining Site Visit	\$154.00	\$154.00
KUMC Staff Time	Cognitive Behavior Therapy Presenter	\$600.00	\$600.00
KUMC Staff Time	Motivational Interviewing Presenter	\$600.00	\$600.00
KUMC Faculty Time	Drs. Faseru, Richter, and Ellerbeck	Donated	\$0.00
Subtotal			\$2,653.00

Overall Subtotal			\$15,091.00
Overhead 10%			\$1,509.10
Total			\$16,600.10

Budget Items Covered by Site

Training Accommodations	Healthy food, snacks, non-alcoholic beverages (12 participants, 4 staff totaling 16 people)	\$210.00	\$3,360.00
Travel Accommodations	Hotel Expenses (4 nights, 4 KUMC staff)	\$456.75	\$1,827.00
Subtotal			\$5,187.00

Notes: Trainings can include up to 24 participants @ approx. \$1,036/person.
Other costs may vary depending on hotel/food costs at specific locations.

TTS training interest and questions can
be sent to:

TobaccoEd@kumc.edu

Or

krichter@kumc.edu